SEX MANUAL

1st Edition

By Kay Stitz

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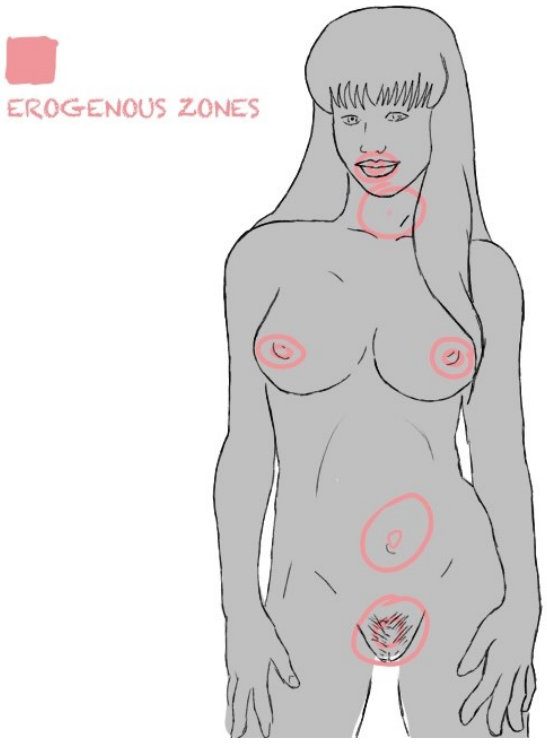
EROUGENOUS ZONES



Erogenous zones are body part that are easily aroused, that is done so by kissing, touching, liking ore sucking this zones. Making this as a good foreplay and stimulation during sex, making it easier to make your partner orgasm and bringing a better climax.

Some of these zones are lips, neck, boobs, lipless, stomach, ears, penis and vagina.

METHODS TO LAST LONGER

1-MIND CONTROL: Mind control is a technic that consist in using your mind to slow down your ejaculation. To use it properly you need to think on turn-offs ''things that turn you off ore not sexual things'' such as your grandmother, math, chairs, homework and etcetera.

2-CONDOMS: You can use condoms to last longer in bed since it reduces the friction sensibility but sill allowing you to feel pleasure, if you want to last even longer use a thicker condom.

3-POSITIONS: Try experimenting deferent position and try to find the one that allow you to last longer, because there are position that can speed up ejaculation so try avoiding those ones. Try for example the women on top being less arousing than missionary position.

4-PULL OUT METHOT: The pull out method consist on pulling the penis out whenever you feel that you are strokes away to ejaculate and then relax for a few seconds while doing something else with her, kissing, foreplay ore other thing until you feel ready to go back in.

5-FOREPLAY: Please her first, you can foreplay in the beginning, in the middle ore in the end of sex, but it'sadvised to do it in the beginning for so it seems more natural and is the best for her. If you foreplay in the beginning it doesn't matter if you last five minutes because she will already be pleased plus the fact that after a good foreplay is easier to make her CUM. Keep in mind to take the time when doing foreplay and there is no need to rush.

6-VIAGRA: You can use a boost from pills like Viagra ore silagra to maintain an erection for a determined amount of time, varying from one to three hours.

7-DEEP BREATHING: It is crucial to maintain a deep and focused breathing during sex, fast breathing can cause stress to your body making you ejaculate faster. Remind to breathe properly during sex and take deep breath on intercourse to help you stop your ejaculation and extend your sex time.

8-MORE SEX: Try having sex more frequently, this way beside being more confident and used to it, it will delay your ejaculation. It is of a fact that you are more likely to have a premature ejaculation after a long gap.

9-EXERCISE: Exercise frequently and it will you create a better connectionbetween your body and mind, while reliving stress from your body and on the time increasing your stamina.

10-MASTURBATING BEFORE SEX: If you masturbate before sex you will surely last longer, due to the fact that you will be less sensitive and you will lessen your arousal since you wore already pleased before.

SEX TIPS

1-BE PROUD OF YOUR BODY: Some people are just not comfortable with their self's, meaning they don't fully like and ore not ok with their body's. These people dislike their body ore body part and are ashamed, if that happens is for the best to avoid sex, meaning you are not ready for it. Get comfortable with your body first, do that before you let anybody else see your body.

2-CONDOM: You should always use a condom, you will never in your life regret using one but you sure as hell are going to regret never using a condom. You probably know what a condom is for, avoid letting you get STD's and unwanted pregnancies. Remember always once you get an STD there is no coming back.

3-SHAVE IT: Some people dislike pubes, and think that having pubes is sign of lack of hygiene. So you should shave it you are going to have sex for the first time with someone. Shaving helps keeping a good look and a god hygiene.

4-CLEAN YOURSELF: Hygiene is really important, especially if you are about to have sex. Mainly no one will have sex with you if you show up right after hitting the gym, you should keep taking between 2 and 3 daily showers. And if you know you are about to SMASH in a few hours just go and take a bath.

5-YOU WILL NEVER BE READY: Something people will also not tell you is that you will never be ready for sex. You will never be mentally prepared ore ready to it until it just happened, sometimes you will just have to jump right at it.

6-GET TESTED: First even if you are not sexual active you should go and get tested, but if you are sexual active it is crucial that you get your self tested, what if you have something and you keep passing on to other people, and what if you have and don't know it, when you should be doing a treatment. Get your selftested and avoid being on this types of satiations.

7-1ST TIME IS NOT THAT SPECIAL: The first time will probably going to suck, so do not create high expectations about it.Remember that you are unexperienced so the first time is not going to be that great, is probably not going to be great at all. It'susuallyawkward, it's done in less than five minutes, very anxious and nervous, so don't create expectations and you will not be deceived.

8-DON'T WHATCH TO MUCH PORN: Watchingto much porn will make you bad at sex, because you will create high expectation, compare yourself with the porn actors and you are more proportioned to do what you saw. Thoseguys are used to do that plus the fact that what you see is an act, it is not real and most women don't even like those types of things. Do not watchto much pornography.

9-DON'T BE SELFISH: Sex it's all about give and take, on bed everything should be 50-50. Most men just want to get and don't give, remember to also please your partner and you to shouldn't forget to CUM, you deserve to be pleased. Some women forget to just CUM and think only on pleasing the men. Ladiesdon't forget to CUM, men don't forget to please them to.5

10-DO NOT CLOSE THE LIGTHS: Girls do not ask them to turn the lights of, men do not like that and they also don't like unsecure girls, besides the fact that they want to see you. Don't tell men to turn off the lights.

11-BIG DICK AREN'T ALL: Big dick aren't all, this is valid for both women and men. Girls should just go after what feels good, and boys shouldn't be afraid to have sex due to their size. Many girls already said that some big dick are just painful and others are just to boring due to their massive size. Put in mind that mature women won'tjudge you for your size.

12-TELL HER/HIM WHAT YOU WANT: If he/she is done but you are not pleased don't be afraid to tell him/her what you reallywant, talk to her/him and say how can she/he make you CUM, and don't forget to talk with patience and seriously. Do not neglectyour needs, if she/he is done don't fake it, just say it "no I am not satisfied".

13-AFTER SEX CLEAN UP: Don't go straight up to sleep after having sex, you should always clean your self. This is more valid towards girls, shower or just wash up your vagina, avoiding this and going to sleep right after sex may cause you to get an infection.

14-HAVE FUN: Sex is about enjoying yourself, it should be fun, so don't take it that serious and don't forget to just have fun. Sex shouldn't be full of stress nor dramatic.

HOW TO FINGER HER

1-PREPARE YOUR HANDS: Before you even have her on your sight you should first get your nails groomed up, girls will look at that, and they will definitely like it if they are in good shape plus it will avoid you hurting them when inserting the finger and not forgetting that having them clean will also avoid any kind of infection.

2-TEASE HER: Try teasing her the best you can and for the longest time. Get in her zone, kiss her, say sweet things on her ear, caress her and let her beg for it.

3-MAKE HER WET: Before you can insert your finger make sure she is well lubricated, that can be natural, use some lubricant oil ore using saliva. The teasing should have done it, but if not while on her panty's rub your finger true her labia up and down slowly are just rub your crotch up against her labia making hard but gentle movements. This should get her bagging to put something in, that shall do it.

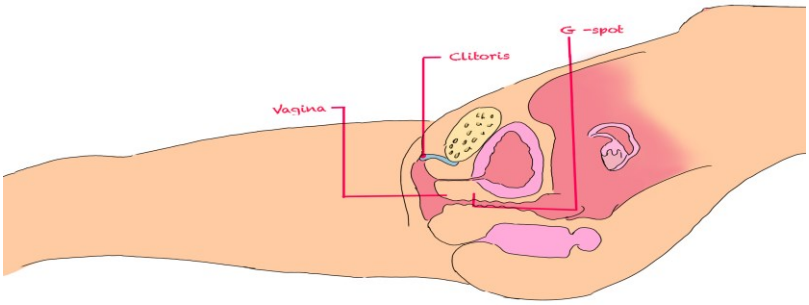
4-HOW TO ENTER: No, don't go pumping your fingers right away. You should first make sure she is wet, and even so lubricate your fingers before getting in, lick them, rub her natural lube ore use some oil.

5-ELABORATE: Start first by gently rubbing her clit, then smoothly pass your finger true the labia, you can take your time if you want, when done insert your finger/fingers but remember don't use them as a penis putting it in and out. Put your fingers on a hook like position and start stimulating her G spot, which is right above inside the vagina, you can go fast and slow whethershe enjoys more, just pay attention to her expressions.

HOW TO GIVE HER HEAD

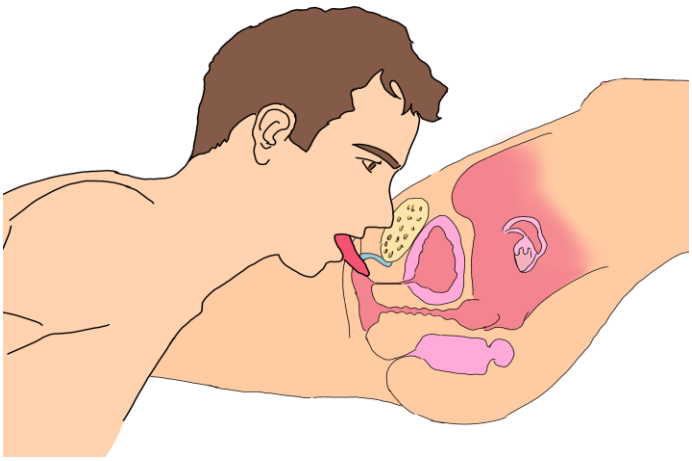
1-INTRODUCTION TO THE PLEASURE SPOTS

First thingI'll show the most important spots to please a women. First thing is the clitoris situated outside of the vagina and on the upper part, this spot is extremely sensitive to touches (great spot to play with), then we have the labia (vagina lips) also but less sensitive, later on we have *THE VAGINA* (where later on you will put your dick in), and then the most important spot is THE G-SPOT situated inside and on the upper part of the vagina, being twice as sensitive as the clitoris this part is the main cause of the female ejaculation. Now you know all,let's keep up.



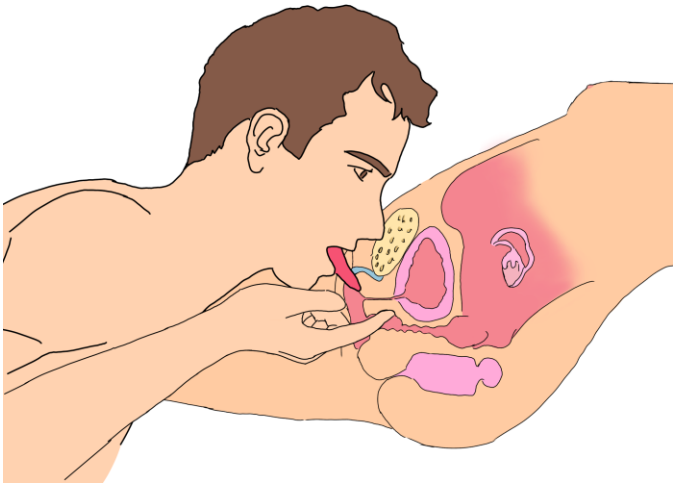
2-EATING HER UP

Spread her legs wide open and get your face down there, take your thong out and start liking the clitoris up and down, left to right, how you want to. You gen go all the way down and up, liking just the clit, the labia (vagina lips) or even inserting your thong inside her vagina.



3-MAKE HER GO NUTS

While liking, kissing and sucking her up, it is time for the mind-blowing move. Get one to two fingers and get them wet first, then get them inside her and start stroking as if you wore doing with your penis. If you want to give more to her, bent your fingers up-words and you will fill a kind hard spot that is the *G-spot*. Start by rubbing it slowly and if notice her loving it too much just increase the peace. All while enjoying the pleasure of making her cum, squirt, moan and scream all because of the immense amount of pleasure.



SEX FACTS

1-SEX REDUCES STRESS: Researches shows that beside having physical benefits, sex also calms the nerves, lowers the blood pressure and reduces stress. Understand now why they say “let me relive your stress”?

2-LUBE TO BEST ORGASM: Over 50% of both women and men after using lube said and agreed that lube makes it easyer to argasm, and also more pleasurable.

3-GUYS ALSO FAKE IT: A research made in NEW YORK found that aproximetly 31% of guys have already faked an orgasm.

4-IT CAN CURE SICKNESS: Some studys show that orgasm and arousal besides letting you lighter and feeling better it can also boost your immune system, letting feeling better ore actualy better, specialy if it is a headache. Imagine getting sick and the doctor reciting you a sex dose.

5-SEX IS NOT THAT ADICTIVE: A lot of people are more addicted to sugar, chocolate and coffee rather than sex, and affirmed that even though they are sexual active they could go longer without sex than they could go without one of the above. Damn I know what I prefer.

6-SEX IS A GOOD EXERCISE: Try adding sex to your regular workout, sex alone won’t do much. A research shows that besides being a good exercise with all physical benefits of a normal exercise, 1 hour of sex represents over 30 minutes of jogging.

7-PEOPLE USE THEIR PHONE DURING SEX: This day society is so distorted that one in every fivepersons use a cell phone not after ore before but during the sex it self, all among teens and adults, age varying between 16 to 34 years old.

8-PROBABLY GOING TO MARRY YOUR HOOK UP: Most people se hook ups as just having fun and a onetime only but they don’t know that hook up can lead marriage. Up to 33,3% of married couples were a hook up.

9-LOVE MAKES SEX BETTER: Recent study revealed that among many sexual active couple showed that most mind blowing sex comes for being in love with your partner

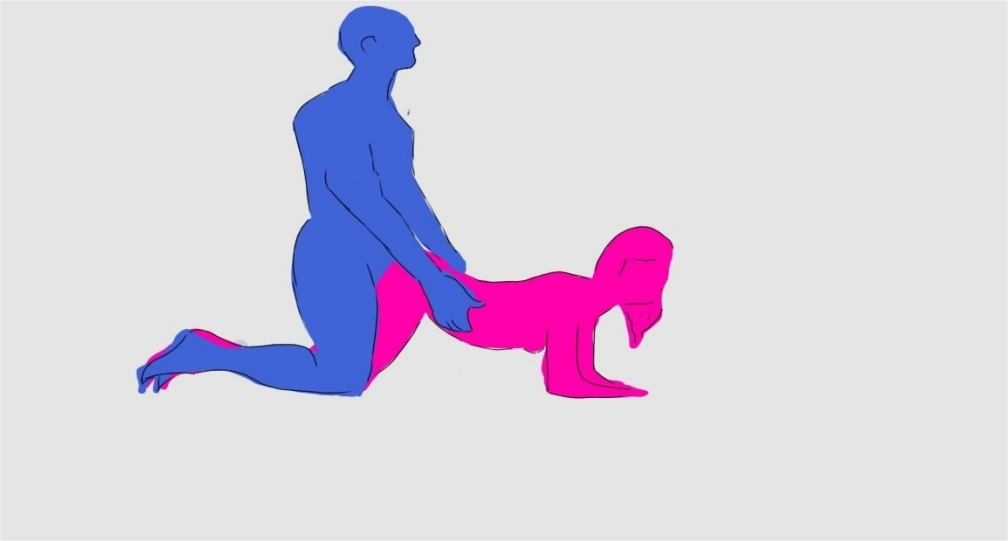
10-NIPLEGLASM: Nipple stimulation releases oxytocin, which can make uterine and vaginal contraction associated to orgasm, making more blood flow to the genitals and increasing the pressure and for some but not all women, can cause and ore enhance orgasm.

11-LOW PAIN SENCEBILITY: You may have noticed that during spanking and scratching are kind of good pain when it's during sex. That is because pain throld can increase significantly, making it less painful.

SEX POSSITIONS

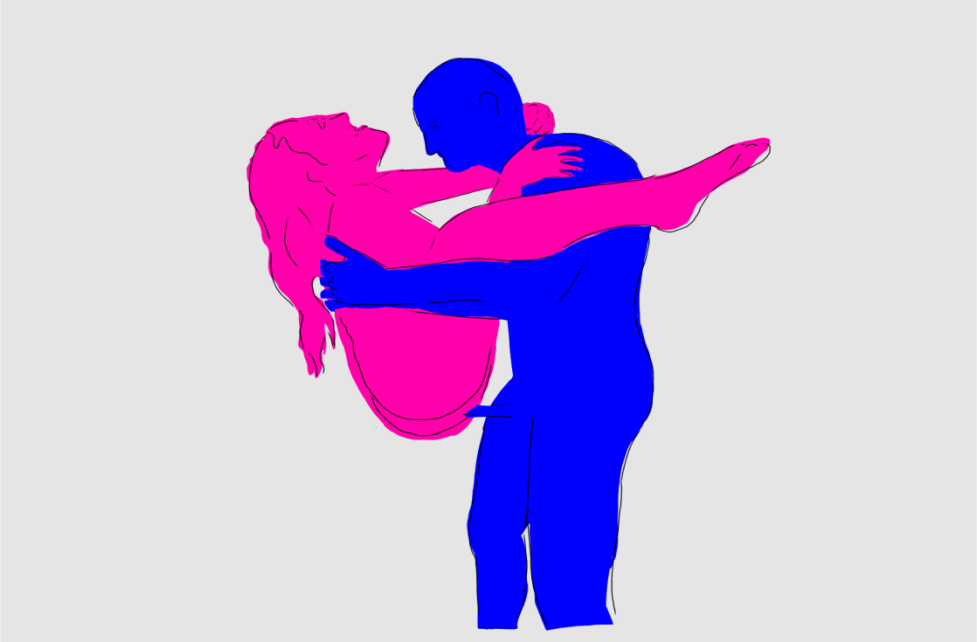
1-DOGY STYLE

Lie face down on the bed and bent over with the ass up and face down, to make it less efortless slide a pillow below your abdomen and he should be able to ride you wile on his knees(*let the dog eat the pussy*).



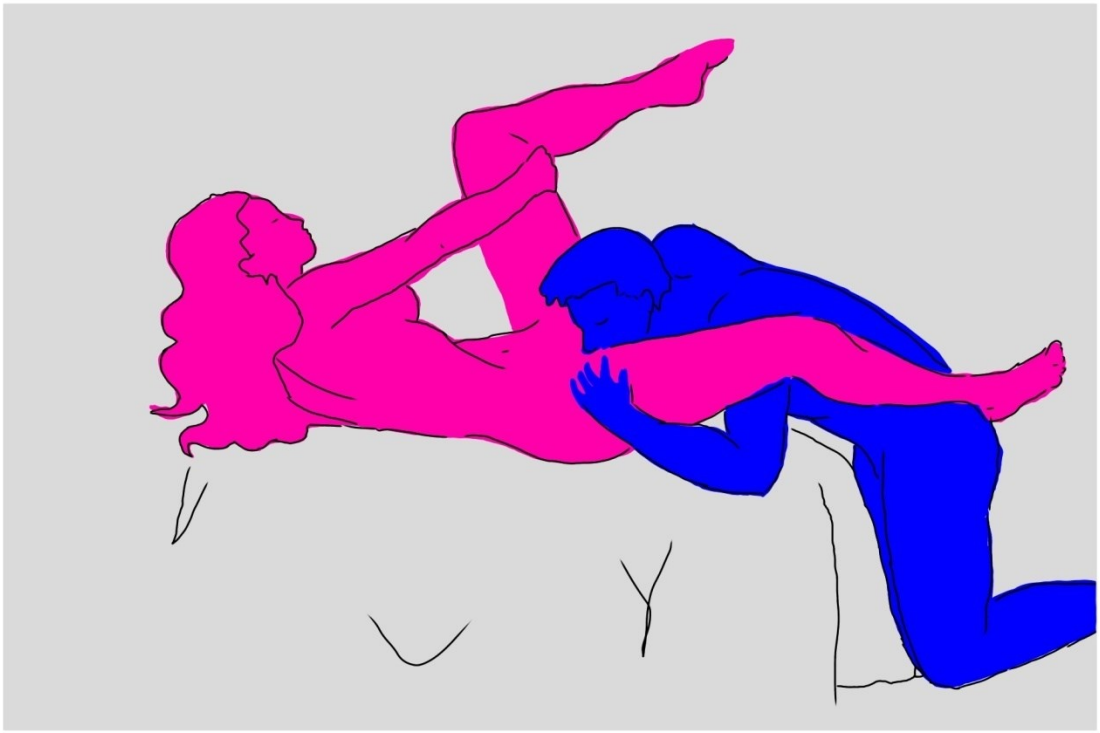
2-Stand and Carry

The easiest way to get into this position is if the woman places herself on the edge of the bed and the man kneels on the floor. The woman then wraps her legs around the man's back. Now the man rises slowly with his hands placed around his woman's butt. The man should remember to bend his kneels to prevent back pain.



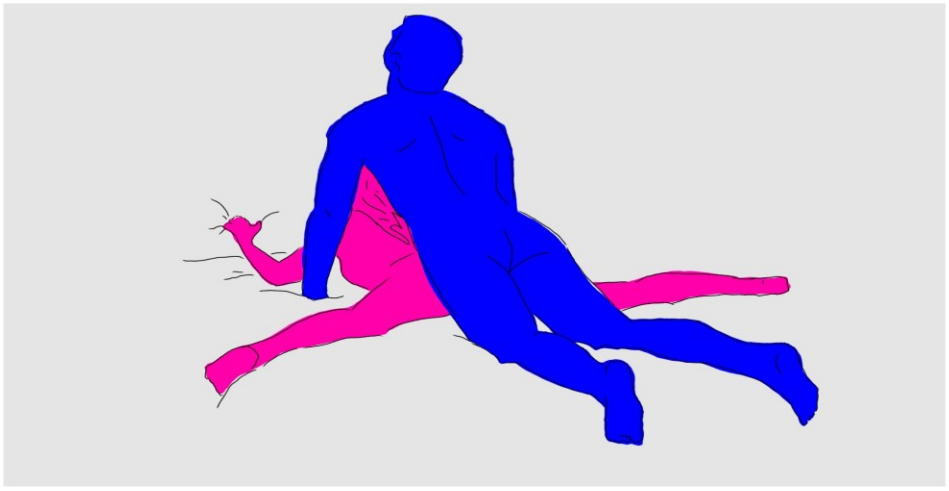
3-Spread Eagle

In this well- known position. Her feet should be resting behind the man's shoulders. Here there is no distractions, only the magical pleasure of the man's tongue.



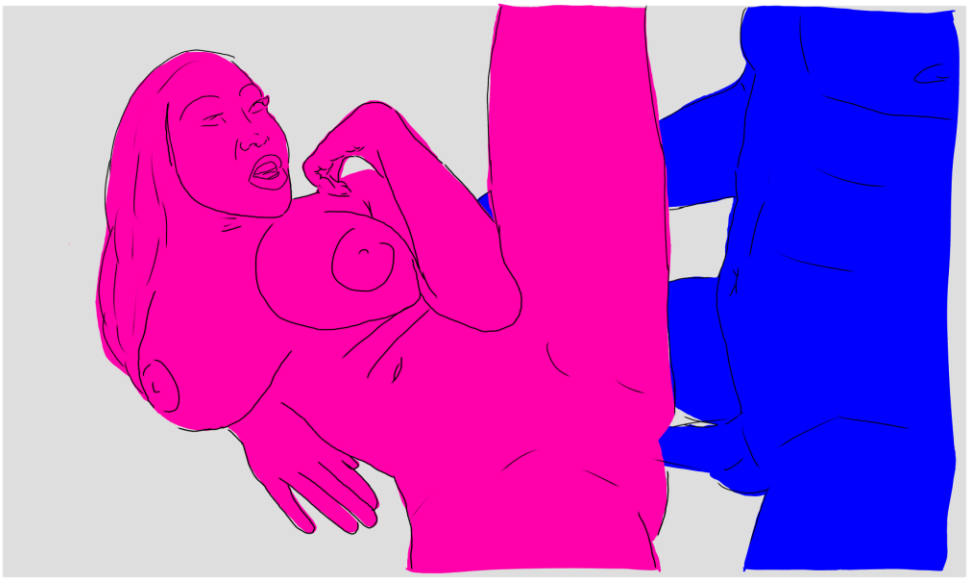
4-Rear Entry

This is the rotated form of the spoons sex position and its both hot and intimate. Men love this position because the control the penetration and excitement. The woman can sense her sexual power in this position because she can make a lot of movements in order to match her man’s power. For instance, she can grind the hips to provide them both with an extra thrill.



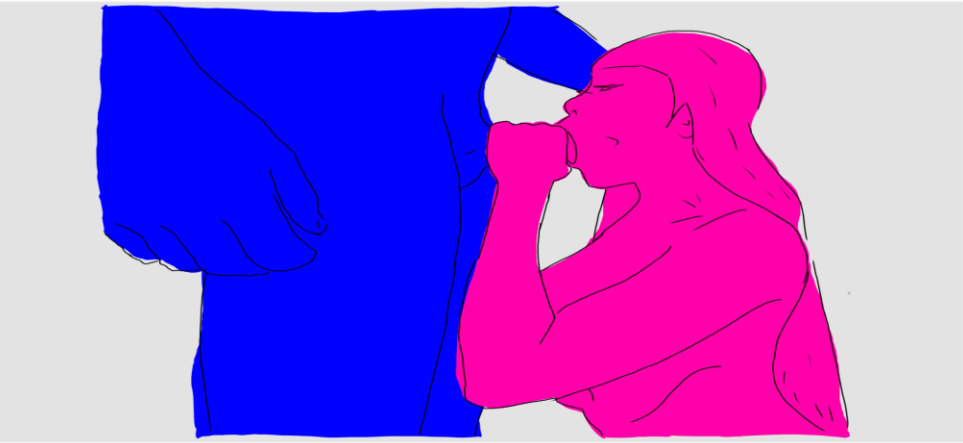
5- Pile Driver

In this position, there is a deep and intense penetration is plenty with plenty of G-Spot stimulation.



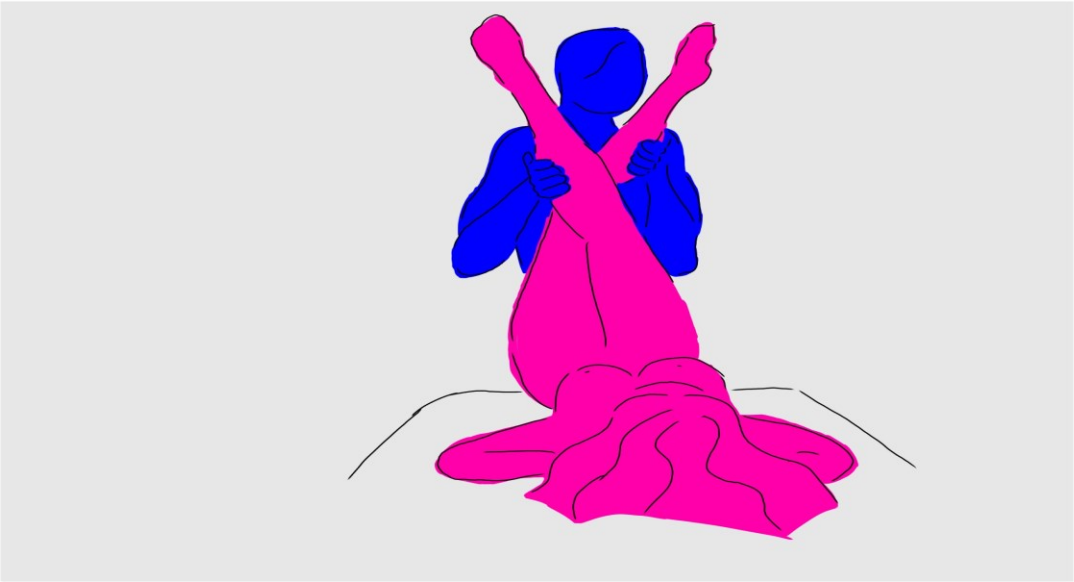
6- Oral Therapy

The man relaxes so his woman can begin with her special oral treatment. This is a great way of seducing your partner after a long day work.



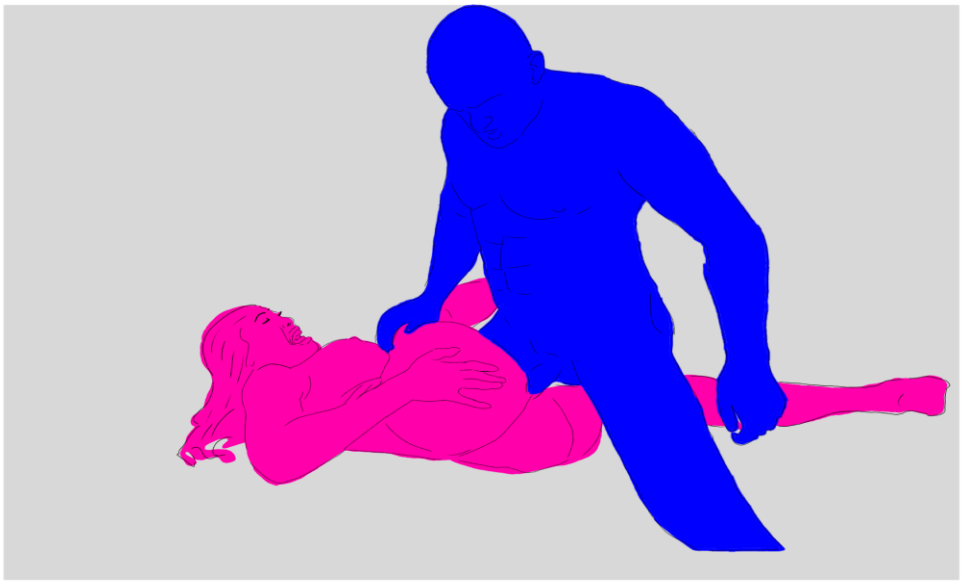
7-Mirror of Pleasure*(extra tight)*

The woman lies on her back and the man sits in front of her in a kneeling position.



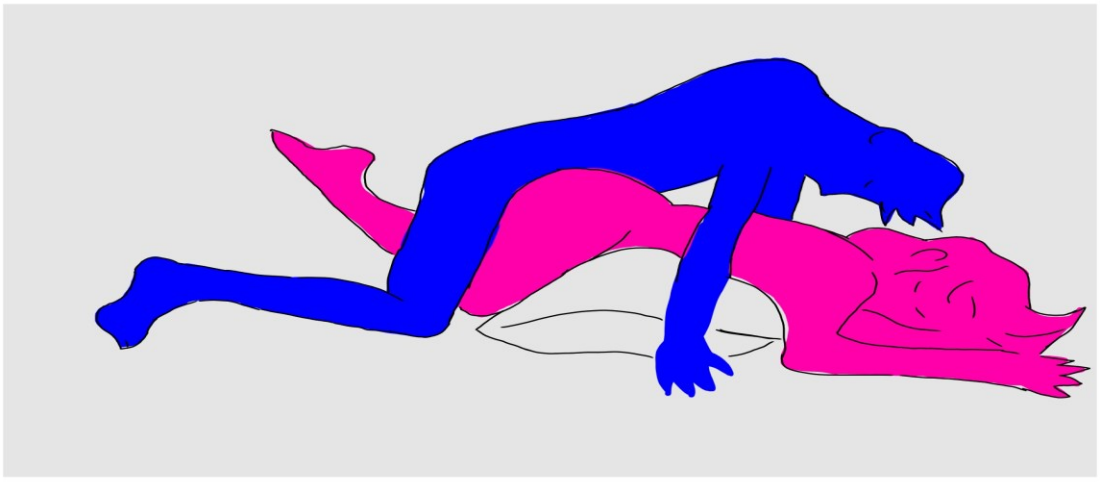
8- Leg Glider

Leg glider is a fantastic kind of screwing technique because it is easy to perform and offer great pleasure to both partners.



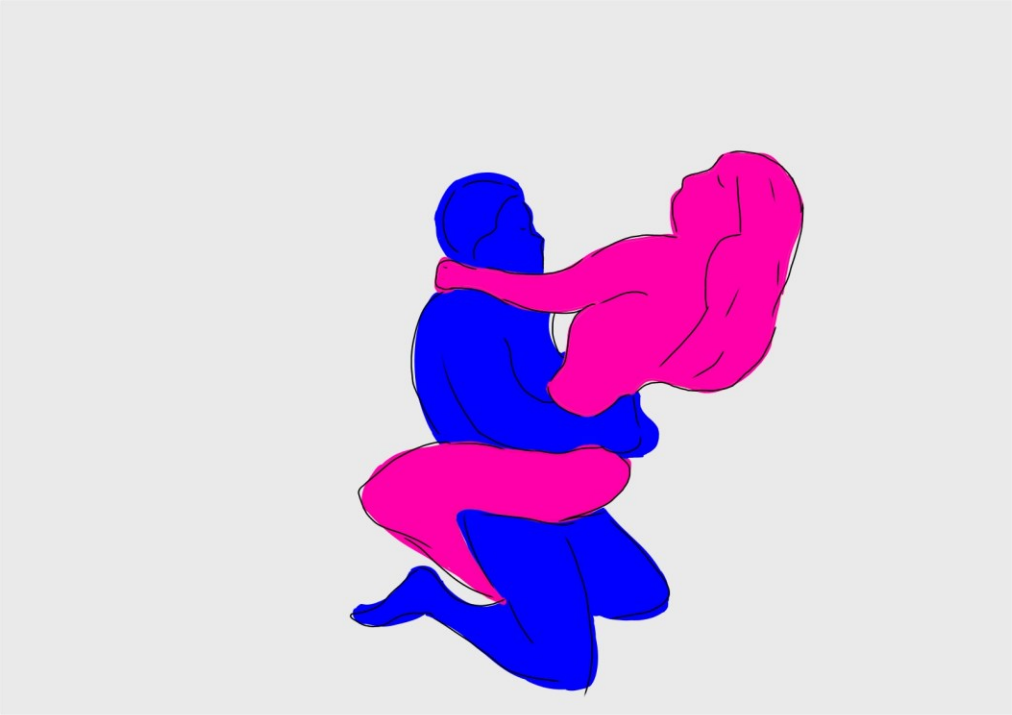
9- Jockey

This is a fantastic way of finding intimacy and the G-spot. The man can also kiss the woman’s neck and ears for an additional sensation.



10- Jack hammer

in this position the man can enjoy his woman doing multiple forms of stimulation, her tongue, lips and hands can work to enhance the level of ecstasy.



CONCLUSION

Now that you have learned all about the basics of sex, and how to rule your woman's bed and make her scream all nigth long... it's just a matter of putting it into practice!

Try to make it a rutine and getting used to all you have learned, and soon she will be caling you eider KING ore PAPI becous she knows you are ***THE MEN****.*

Now go there and be her men, be the best, please her and most important heve fun and enjoy your self.

Ill wait for you in my next edition.

Writen and illustrated by:

Kay Stitz